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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why Should You Stop Smoking

By Martin Popham

Tobacco is responsible for 1 in 10 adults dying worldwide which equates to 5 million deaths per year. Deaths are mainly due to collapse of the cardiovascular system resulting in heart attacks, respiratory tract disease and cancer. Coronary heart disease is the leading cause of death in the United States. Still want to smoke a cigarette? Then read on...

Many doctors and physicians will not perform surgery on someone who is a smoker, as they believe the risk of the surgery outweighs the chances of any potential benefit. Researchers at the University of Toronto Medical School have found that smoking impedes the body's ability to heal bone and grow new bone.

Latest startling figures show that pregnant women who smoke as little as 1 to 10 cigarettes a day have a 29 % chance of giving birth to a child with finger or toe defects. That number increases to 78 % for those who smoke 20 cigarettes or more a day.

Another major reason to stop smoking is financial. You will be pleasantly surprised to find so much more of your hard earned cash is safely in your own pocket rather than in the pockets of the large companies and money lenders (and government) who all benefit from your smoking habit. The taxes on tobacco are on the increase, again! That will mean even more of your money going "up in smoke" if you excuse the pun. Even the large insurance companies are now starting to reject the policies of smokers. Heaven forbid the idea that an insurance company takes on some risk to earn their millions! Often you will see that little box appear on forms such as insurance forms, medical forms, rental agreements, loan agreements, employment papers and so on asking "If you smoke, please tick the box". Once you tick that box you are categorised and often rejected. Wouldn't it be such an achievement to be able to tick the box which says: "Non-Smoker"?

Public places such as bars, clubs, restaurants, and many other social and sport facilities have adopted non-smoking policies. Being a smoker means being segregated from your friends, having to leave them to go outside for another cigarette. Do you really enjoy that feeling of being the odd one out? 'Odd one out', as a smoker you certainly are that and far more people in the world are non-smokers compared to smokers. It is universally agreed that smoking is not safe, not only for the smoker but for those around as well. To Stop Smoking is the greatest gift you can give to your loved ones as their

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health is being endangered by your habit. Even if you are taking yourself outside to smoke, your premature death will leave grieving relatives and that is a frightening prospect to all of us, but often it is not as frightening as going without cigarettes. It doesn't need to be a frightening prospect to stop smoking, and it isn't once you understand the control system which tobacco places on your sub-conscious.

Perhaps you are not aware that being a smoker has been statistically proven to affect your chances of finding romance? Yes, Cupid's Arrows may well not find you when you smoke! Most people want their soul mates to smell fresh and clean with an aroma of "eau de parfum" instead of, "eau de tobacco". One of the first things you will notice when you give up smoking is that you regain your sense of smell, which has been dulled by smoking. Suddenly everything seems to smell so much sweeter including yourself. Food tastes totally different and you quickly realise how your brain's senses and receptors

have been dulled and fooled by tobacco, the most commonly used Neuro-Toxin in the world.

Contrary to popular belief, when you stop smoking it does not automatically mean you will gain weight. You will feel so much healthier that exercise becomes a treat instead of a chore. Take up something new and exciting, preferably outdoors. You will be truly amazed at your new found energy levels as your body kicks that addictive habit.

Finally, here is a short testimonial written by a life-long smoker:

"It wasn't meant to happen to me. I used to think that all the warnings about the dangers of smoking did not apply to me. Scare mongering tactics, I actually would get annoyed at the health warnings on my packet of cigarettes. I had the right to smoke if I wanted to. How foolish I was.

Try breathing through a straw for 15 minutes and you will get an idea of what breathing is like for me. How hard it is to breathe when your lungs are so badly damaged as a direct result from too many years of smoking the dreaded cigarettes.

It never gets any easier, I struggle day after day. If I were an animal I would have been released from this suffering. As it is I have no quality of life. The health warning on that packet of cigarettes should have read, You will suffer for life." M. Hills

<http://www.EasilyStopSmoking.com>

is a website offering a CD on

stop smoking hypnosis

along with tips and information.

How Do I Stop Smoking?

By Alex Benyukhis

Why Should You Stop Smoking

For many people around the world, the question they ask themselves every day is, "How do I stop smoking?" Unfortunately, many of these people will never actually have the opportunity to quit. They will have one excuse or the next to purchase another pack of cigarettes. The will power to stop smoking is often weak, and buried under a lot of stress and worry. But, there are ways to get yourself off the drugs and into a great situation to improve your health.

We all know that smoking leads to many diseases. This isn't even debatable anymore. But, what is the method by which we can stop smoking. It is difficult in any case to learn how to stop smoking. It will take nothing short of determination to get it done. But, there are things to help you do it successfully.

You have more than likely heard of patches and pills that can help you to stop smoking slowly. In these methods, they provide the nicotine that your body craves through a safer means. Slowly, you will step down from needing two packs a day to needing only one to needing none. The gradual movement helps you to stop having to fight the temptation for more and more. It helps to keep you on the right track as well.

Another method to stop smoking is to go cold turkey. But, you will need to replace that need for nicotine with something else. In many studies, it has been found that people who stop smoking and begin exercise have a better chance of remaining smoke free. While this may not seem like something you can do, it has worked for many others. It does take a lot of dedication and determination.

Yet another way to stop smoking is often one of the most terrifying. Being faced with the consequences of what smoking can do to you may actually help you to stop. For example, those who smoke are filling their lungs with tar. You know, that stuff they put on the roads? Yes, that is what is going into your body. Take a trip to the health museum to see what it's like. Or, if you are already too late, you may be faced with cancer already. Is this enough to get you to stop?

Unfortunately, it won't be for many. If you want to stop smoking, you simply need to make the decision to do so and work hard at making that happen. You need to realize that your family and friends will suffer much more when you are not around to enjoy life with them because smoking has cut that short.

Find more information and tips about stop smoking by visiting

<http://www.stopsmokingnews.info>



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